Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food Plan Reflection

1. On average how much did you eat from each food group? Explain why it was more or less than the amount you should eat.

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2. How did the food journal cause you to make any changes to your diet?

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3. What new goals do you have for improving your diet? What obstacles do you predict you will encounter?

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